

**🗹 Neuro Developmental Conditions Pathway**

Self-Harm

Self-harm is a very common behaviour. It can have a variety of meaning in different situations for different people. Sometimes it can be linked to mental health conditions such as anxiety and depression. However, people with autism or communication difficulties often use self-harm as a way of managing emotions or communicating to people around them.

The National Autistic Society website has a lot more information and resources about autism and self-harm.

<https://www.autism.org.uk/about/behaviour/challenging-behaviour/self-injury.aspx>